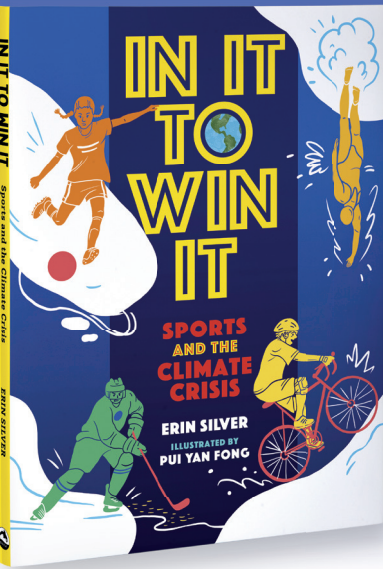


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JINIM OI LINI

WINDY MOUNTAINS AND THE GREAT ESCAPE

MEATER NINE



IN IT TO WIN IT

TEACHER GUIDE



A stats and sports-packed book about how organizations, players and fans around the world are tackling the climate crisis. Playing and watching sports can have a big impact on the environment. Thankfully, sports organizations, athletes and fans around the world are stepping up and playing a role in raising awareness, taking action and changing the rules of the game to help the planet. Whether you're a future professional athlete or a sports fan watching from the sidelines, we can all help play for the planet!



ABOUT THE AUTHOR

Erin Silver is a children's author and freelance writer whose work has appeared in everything from *Good Housekeeping* to the *Washington Post*. She is the author of numerous books for children, including *Rush Hour: Navigating Our Global Traffic Jam* in the Orca Footprints series and *Good Food, Bad Waste: Let's Eat for the Planet* in the Orca Think series, as well as *What Kids Did: Stories of Kindness and Invention in the Time of COVID-19* and *Proud to Play: Canadian LGBTQ+ Athletes Who Made History*. Erin holds a master of fine arts in creative nonfiction from the University of King's College in Halifax, a postgraduate journalism degree from Toronto Metropolitan University and a bachelor of arts from the University of Toronto.

DISCUSSION QUESTIONS

Chapter 1: Sports Versus the Planet

1. Before you read *In It to Win It*, did you ever think about the connection between sports and the environment? Why did you decide to open the book?
2. Think about some of the ways you might be contributing to climate change, either as an athlete or spectator. If you had to estimate, how big is your carbon footprint?
3. Of all the sports you can think of, which would you think has the biggest impact on the environment? Which might have the least?
4. In what ways was the pandemic actually good for sports?
5. Did anything you read in this chapter surprise you or tell you something you might not have already known or thought about?

Chapter 2: A Fierce Opponent

1. Human activities have caused our planet to change. Can you think of any ways your life as a sports fan or athlete have been impacted by climate change?
2. In what ways does climate change affect our health? Do any of it surprise you?
3. What can you do to stay safe when you're playing outside in extreme heat?
4. Discuss why some sports might not be able to continue as climate change worsens.
5. How are experts and athletes trying to help others in the face of global warming?



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Chapter 3: Sports Are Getting Greener

1. What are some of the things sports organizations, teams and athletes do to reduce their impact on the planet?
2. Which story in the chapter did you find most inspiring? Why?
3. How can big events like the Olympic Games change to be more sustainable?
4. How are athletes using their influence for good? Why are athletes so influential?
5. What is your favourite sport? Can you think of anything that can be done to reduce the sport's carbon footprint?



Chapter 4: Setting Sustainable Goals

1. Are you concerned about the future of sports or your ability to play them? Why or why not?
2. What are some of the ways athletes or sports organizations are adapting to climate change?
3. Would you buy a specific brand of shoes if you knew they were better for the planet? How much does concern for the planet influence your choice of apparel?
4. Why is Climate Pledge Arena setting a good example for other stadiums and arenas?
5. Next time you go to a sporting event, what can you do to make a more positive impact on the planet?



Chapter 5: How to Be Part of the Winning Team

1. Many athletes and sports organizations are stepping up to make better choices for the planet. Which of the stories in this chapter inspired you the most?
2. What are some small things you can do as a fan or athlete to influence others and effect change?
3. Players for the Planet is making a big difference—and not just in the Dominican Republic. Explain how this organization has a wider influence.
4. What is passive activism, and why can this be effective in promoting sustainability?
5. What are some things you can do—starting now—to make your team become more sustainable?

